

Personal Training

at the
Freestone Recreation Center

Why YOU Need a Personal Trainer:

- ✓ You want motivation and accountability
- ✓ You want to be challenged
- ✓ You are not seeing results and need a jump start
- ✓ You are not reaching your goals
- ✓ You are new to exercise
- ✓ You are training for a sport or an event

Personal Training Pricing:

Each personal training session is approximately one-hour in length.
Sessions maybe purchased in packages of 2, 5, 10 or 20 and can be used
over a period of time determined by the trainer and the client.

2 sessions \$ 77.00 (\$38.50 per session)

5 sessions \$181.50 (\$36.30 per session)

10 sessions \$341.00 (\$34.10 per session)

20 sessions \$638.00 (\$31.90 per session)



PARKS & RECREATION

**To schedule a personal training session, register
at the Guest Services Desk. Your trainer will
contact you by phone to get you started.**

**Freestone Recreation Center: 1141 E. Guadalupe Rd
Gilbert, AZ 85234 (480) 503-6202**